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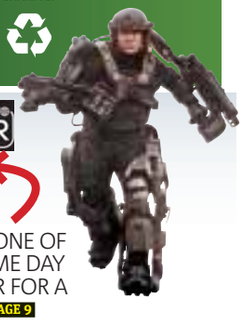

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HERE COMES THE FUZZ

Writer and director Lowell Dean, seen with WolfCop actor Leo Fafard, has started writing a script for a WolfCop sequel. Inset: Fafard gets into character as WolfCop in downtown Vancouver on Tuesday, pretending to be heavy-handed with Joel Reimer while promoting the Saskatchewan-made comedy-horror film, which will open at several Cineplex theatres in Regina, Saskatoon and elsewhere in Western Canada on Friday. Story, page 3. COURTESY WOLFCOP; INSET: COURTESY JOEL REIMER

Province takes aim at high-speed crashes

Pilot project. Speed limit to drop to 90 km/h on sections of two highways near Regina and Saskatoon

MARCO VIGLIOTTI
Metro in Regina

Drivers in the Regina and Saskatoon areas are being advised to slow down on highways beginning this week as the province rolls out speed reductions on two popular routes.

The speed limit will be dropped to 90 kilometres per hour on a section of the Trans-Canada Highway just east of Regina and on a portion of Highway 12 running through Martensville, immediately north of Saskatoon, as part of a Saskatchewan government pilot program aiming to curb collisions on high-speed roads.

"We're increasing the safety margin for all drivers as they access (these roads)," Don McMorris, minister of highways and infrastructure, told reporters on Tuesday on a service road along the Trans-Canada just east of Regina.

He noted that if the trial run is successful, more locations might be considered for lower limits.

McMorris pointed out that photo radar is another tool the province is planning to ramp up beginning in late June.

The reduced speed limits — down from 100 or 110 km/h — will take effect when new road signs are erected. Provincial officials say that should happen by Wednesday.

The speed change will affect Highway 1 between the Pilot Butte access road turnoff and a point just east of the junction of Highway 48, as well as Highway 12 from about two kilometres south of Martensville's Main Street to one kilometre north of that road.

McMorris pointed to the lowered speed limit as one of several measures the province is pursuing to increase safety along the Trans-Canada east of Regina.

The Saskatchewan Party government recently installed high-collision location signs on that congested stretch of the highway in a bid to encourage drivers to exercise caution.

The planned Regina Bypass, McMorris said, will act as a long-term solution to safety woes on Highway 1.

Jaycie Schoffer, a Grade 12 student at Bedford Road Collegiate, was involved in the design process of the school's new team name and logo. More than 400 students cheered during an assembly on Tuesday as the new Redhawks branding was unveiled. JACOB MORGAN/METRO

Bedford ready to leave Redmen ruckus behind

Redhawks take flight. 400 students cheer as new name, logo unveiled following movement to replace controversial brand

The principal of Saskatoon's Bedford Road Collegiate is relieved that scrutiny surrounding the high school is winding down.

Cody Hanke said more than 400 students gathered on Tuesday to celebrate a new Redhawks team name and logo, which comes after an activist movement criticized the former Redmen brand for cultural insensitivity.

"From a personal standpoint, it's been weighing on me," said Hanke, who took on his position when the controversy erupted about three years ago.

"I think we can put this behind us now, and continue to do the good work in classrooms we've always done."

He added that the crowd cheered when the revamped banner was unveiled.

"There was some power in the auditorium," said Hanke.

While the Saskatoon public school board voted to scrap Redmen in March, Hanke said, an exhaustive consultation followed to reach a decision.

More than 50 submissions were narrowed down for a student vote to three finalists including the United, the Fire and the Redhawks.

One of the aspects Hanke said makes the Redhawks successful is how it still upholds the history of the 91-year-old institution.

"The word 'red' is the common piece from back in 1923," said Hanke. "We managed to keep that tradition alive."

A sale was held on Saturday with memorabilia featuring the approximately 50-year-old Redmen symbol, which Hanke said was used to fund costs associated with switching the logo.

Jaycie Schoffer, a Grade 12 student involved in the design process, said some of her peers were opposed to discarding a piece of their identity at first, though the community is ready to move on. JACOB MORGAN/METRO

Ilene Busch-Vishniac

Former U of S president returns as professor

A Saskatchewan radio station is reporting that the former president of the University of Saskatchewan is now a professor of mechanical engineering.

CKOM says Ilene Busch-Vishniac has accepted the teaching role in the university's college of engineering.

This comes just a few weeks after Busch-Vishniac was terminated by the board of governors in the midst of the Robert Buckingham firing controversy.

Busch-Vishniac's employment contract, signed Jan. 9, 2012, outlines that in the event of her termination, she would be entitled to return to her position as a tenured professor at the college.

Faculty and staff at the college of engineering have since sent an email to the dean saying Busch-Vishniac will return in mid-June.

Busch-Vishniac declined to comment.

She will work under Gordon Barnhart, who became the university's acting president on May 22.

Buckingham was fired last month for speaking out about budget cuts at the school but was rehired after a national outcry.

CKOM/THE CANADIAN PRESS

Ilene Busch-Vishniac METRO FILE

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WolfCop catches industry attention and locks up sequel

Howl on. Is the made-in-Saskatchewan flick turning slowly, by the light of the full moon, into a franchise?

SARAH TAGUIAM
Metro in Regina

There are only two more days until WolfCop makes a growl at theatres all across Canada, and the team behind the Saskatchewan-made comedy-horror film is already gearing up for a sequel.

"It's crazy to finally be this close to the end," writer and director Lowell Dean told Metro on Tuesday from Vancouver, where he's promoting the movie.

"We're a little million-dollar movie, and we've gotten the attention of a big movie — so that's been really great."

WolfCop, which follows unsuspecting hero Lou Garou, an alcoholic cop turned werewolf, will debut at Cineplex theatres in Regina, Saskatoon, Moose Jaw, Calgary, Edmonton and Vancouver on Friday. It will screen in Toronto, Hamilton, Winnipeg and Halifax a week later.

The end of the first WolfCop film, however, is another beginning for Dean and his team.

Producer CineCoup, which financed the film with $1 million after the movie's producers won a national competition last year, has green-lit the production of a sequel.

The decision, Dean said, came following a positive response the film has received following its recent screening at the Cannes Film Festival in France.

Dean, who will also direct the sequel, has begun writing the next WolfCop script.

"The first film is like an origin story. You'll see WolfCop in action, but he's just coming to see what it's like being a wolf," he said. "So the second film will expand on that."

The WolfCop crew has been busy travelling across Canada promoting the film, though Dean said he will be in Regina for the premiere.

Actor Leo Fafard, left, who plays officer Lou Garou, and director Lowell Dean sign autographs at the Vancouver Art Gallery in Vancouver on Tuesday during a WolfCop promotional tour. Inset: Fafard as WolfCop gives a thumbs-up to fans at the Regina Fan Expo in May. COURTESY WOLFCOP

"That's where the film came from and that's where I want to be," he said.

WolfCop will premiere at the Galaxy Regina theatre on Friday at 7 p.m. The public has a chance to celebrate with the cast and crew following the premiere at an after-party at Beer Brothers. Tickets are $20 and available for purchase online.

Alleged abduction

Couple recounts finding badly beaten woman

A Saskatchewan couple who found a badly beaten woman at the side of a road says they were unaware at the time of a police alert about an alleged abduction.

Jasmine Clarke and Thomas Humby were returning to Saskatoon from Langenburg when they saw the woman on the side of the highway Sunday evening.

Clarke told CKOM radio in Saskatoon that the woman flagged them down, so Clarke rolled down her window.

She says she could tell the woman had been roughed up.

Police have said the woman and her alleged captor had been sleeping outside in a rural area east of Saskatoon since Friday without food and water. On Sunday, a farmer found a truck police believed the pair had been travelling in and a search team was brought in to look for them.

It's believed the woman escaped Sunday night.

Clarke said the woman used Clarke's cellphone to tearfully call her mother and tell her she was alive and safe.

During an emotional ride back to Saskatoon, Clarke said the woman told of her ordeal, including saying she was tied up in the back of a truck and of nearly escaping on a Saskatoon street.

Clarke and Humby drove the woman to meet family. Police were already there.

CKOM spoke with the woman's family Tuesday. They said she is out of hospital and recovering from her injuries. Her brother said she doesn't ever want to talk about what happened.

Clinton McLaughlin faces numerous charges, including kidnapping and forcible confinement, and made his first court appearance Tuesday.

McLaughlin also faces charges involving a different woman and had been out on bail in that case.

The identities of both alleged victims are under a publication ban.

CKOM/THE CANADIAN PRESS

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Three-parent IVF babies. GMO embryos appear not 'unsafe': U.K. regulator

Britain's fertility regulator says controversial techniques to create embryos from the DNA of three people "do not appear to be unsafe" even though no one has ever received the treatment, according to a new report released Tuesday.

The report based its conclusion largely on lab tests and some animal experiments.

"Until a healthy baby is born, we cannot say 100 per cent that these techniques are safe," said Dr. Andy Greenfield, who chaired the expert panel behind the report.

The techniques are meant to stop mothers from passing on potentially fatal genetic diseases to their babies and involve altering a human egg or embryo before transferring it into a woman. Such methods have only been allowed for research in a lab, but the U.K. department of health said it hopes for new legislation this year. If approved, Britain would become the first country to allow embryos to be genetically modified this way.

Critics have described the research as unethical and stressed its unknown dangers.

Marcy Darnovsky, of the Center for Genetics and Society in the U.S., warned that allowing the method might lead to a slippery slope and tempt scientists and parents to use the techniques to create designer babies with certain traits.

Experts say that if approved, these new methods would likely be used in about a dozen British women every year who are known to have faulty mitochondria — the energy-producing structures outside a cell's nucleus. Genetic defects in the mitochondria can result in diseases such as muscular dystrophy, heart problems and mental retardation.

The techniques involve removing the nucleus DNA from the egg of a prospective mother and inserting it into a donor egg, where the nucleus DNA has been removed.

Earlier this year, the U.S. Food and Drug Administration held a meeting to discuss the techniques and scientists warned it could take decades to determine if they are safe.

THE ASSOCIATED PRESS

Not surefire either

"Safety is not a straightforward issue."

Dr. Andy Greenfield, chair of the expert panel behind the British report, reacting to criticism that the new technology may run into unexpected dangers.

Hundreds signed. Letter from scientists to PM: Reject Northern Gateway

A letter signed by hundreds of scientists from around the world is urging Prime Minister Stephen Harper to reject a federal panel report recommending approval of the Northern Gateway pipeline.

The federal government must release its final decision by June 17 on the 1,200-kilometre pipeline that would link the Alberta oilsands with a tanker port on the B.C. coast.

The letter sent this week to Harper and several key cabinet ministers said the report by the joint review panel is "indefensible as a basis to judge in favour of the project."

It was signed by 300 scientists at universities from Newfoundland to Vancouver Island, along with colleagues from international institutions including Stanford, Cornell and Oxford.

The chief concern from the group is that the panel did not look at the increase in global greenhouse gas emissions that will result from the expansion in oilsands production.

"The panel was not given a mandate ... to look at the larger climate change picture," said Kai Chan, an associate professor at the Institute for Resources, Environment and Sustainability at the University of British Columbia and one of the instigators of the petition.

THE ASSOCIATED PRESS

Prime Minister Stephen Harper
THE CANADIAN PRESS

People's Liberation Army soldiers march near their rifles before an honour guard performance outside the Great Hall of the People near Tiananmen Square in Beijing, Tuesday. China allows no discussion of the events of June 3-4, 1989, when soldiers accompanied by tanks and armoured personnel carriers fought their way into the heart of the city, killing hundreds of protesting citizens and onlookers. ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Survivors recall Tiananmen Square

After 25 years. As China still tries to cover up the massacre, those who lived tell their tales of June 4, 1989, in Beijing

LUCY SCHOLEY
Metro in Ottawa

Liane Lee remembers holding back a screaming 12-year-old boy in Tiananmen Square.

"They killed my brother. They killed my brother!" she recalls him yelling to the soldiers who had been firing at the pro-democracy protesters. It was the early hours of June 4, 1989 — a day that Lee still struggles talking about 25 years later. But she recounted the bloody military massacre to an audience at the University of Ottawa on Tuesday.

Then a 26-year-old university student from Hong Kong, Lee held the boy back until he finally wriggled away. She says she still remembers the smell of his sweat and the warmth of his tears. Witnesses say the boy's body was later carried to the first aid station, covered in blood, but Lee does not remember that. She figures she blocked it from her memory.

Now 55 and living in Cleveland, Ohio, Lee says many Chinese people have accused her of lying about the massacre that killed a still-unknown number of the country's students, teachers and workers.

"I want to remember their names, but I can only remember their noble faces," said Lee, who urged the audience to reflect on the massacre that the Chinese government is still trying to cover up today. Many scholars, artists and lawyers who have tried to commemorate the event on this milestone have wound up under house arrest or in jail.

Chen Yuguo was a teacher at Beijing University who had been camping out at the square in the days leading up to the massacre. He was in one of the last groups that left at about 5 a.m. on June 4, after seeing many people crushed by tanks and a colleague "badly, almost fatally stabbed."

Cheuk Kwan, of the Toronto Association for Democracy in China, said human rights have "deteriorated" in China since the Tiananmen Square massacre.

"We should not forget June 4," he said. "Those who don't learn from history are condemned to repeat it."

Quoted

"We should not forget June 4. Those who don't learn from history are condemned to repeat it."

Cheuk Kwan, of the Toronto Association for Democracy in China, saying human rights have deteriorated in China since the Tiananmen Square massacre.

Currently

Like it never happened

China allows no public discussion of the events of June 3-4, 1989, when soldiers accompanied by tanks and armoured personnel carriers fought their way into the heart of the city, killing hundreds of unarmed protesters and onlookers. The government has never issued a complete, formal accounting of the crackdown and the number of casualties.

Beijing's official line is that the student-led protests aimed to topple the ruling Communist Party and plunge China into chaos. Protest leaders said they were just seeking greater democracy and freedom, and an end to corruption and favouritism within the party. THE ASSOCIATED PRESS

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Girl in stabbing case may be mentally ill: Lawyer

Alleged plot. Two girls have been charged with first-degree attempted homicide in a stabbing to please a fictional Internet character

Rescue workers take a stabbing victim to the ambulance in Waukesha, Wis. ABE VAN DYKE/THE ASSOCIATED PRESS

A 12-year-old girl accused of plotting to kill a friend to curry favour with a fictional Internet character shows signs of mental illness and should be in a hospital, her defence attorney said Tuesday.

The girl and another 12-year-old have been charged as adults with first-degree attempted homicide in a stabbing that nearly killed another child the same age.

The two girls reportedly said to investigators that they had plotted for months to kill their friend because a character called Slenderman required them to kill someone before they could become his "proxy."

Both girls are being held at a juvenile detention centre. Anthony Cotton, the attorney for one girl, said a judge rejected his request Monday to have the girl transferred to a mental health facility, but he will renew that request when she returns to court next week.

"From what I know, we've got a young girl here who has no previous criminal record at all, and if the record is accurate, probably suffers from very serious mental health issues," said Cotton.

Cotton said the girl's parents are trying to figure out whether there were any signs they may have missed.

The girls told investigators they read about Slenderman on the horror website creepypasta.wikia.com. It's not clear whether they got access to the site at home or at school.

Both were charged Monday in Waukesha County Circuit Court; they each face up to 65 years in prison if convicted. A court commissioner set bail at $500,000 cash per child.

THE ASSOCIATED PRESS

2 deaths. Highway crash broke family apart in an instant, survivor testifies

Accused Emma Czornobaj at the Montreal courthouse on Tuesday. GRAHAM HUGHES/THE CANADIAN PRESS

A young driver's decision to stop her car on a highway to help shoo along ducks dramatically changed the lives of an entire Quebec family, a jury trial in Montreal heard Tuesday.

Emma Czornobaj has pleaded not guilty to two counts each of criminal negligence causing death and dangerous driving causing the deaths of Andre Roy, 50, and his 16-year-old daughter, Jessie. They are survived by Pauline Volikakis, Andre Roy's wife of 20 years and Jessie's mother.

It should have been a quick 20-minute motorcycle ride home for Volikakis and her family to cap off a glorious summer day in 2010. She and her husband were both driving motorcycles; their daughter was with Roy on his bike. Volikakis fought back tears as she described how the lives of her husband and their only child ended so suddenly.

Crown prosecutors suggested Czornobaj's decision to come to a full stop to help a family of ducks triggered a fatal accident when Roy's motorcycle slammed into her stationary car, sending the bike's occupants flying.

Court heard the car was stopped with the engine running and without emergency lights, on Highway 30, south of Montreal.

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Thais resisting coup adopt salute from Hunger Games

Act of rebellion. Protesters in groups flashing three raised fingers could face arrest, military spokesman warns

The three-finger salute from the Hollywood movie the Hunger Games is being used as a real symbol of resistance in Thailand. Protesters against the military coup are flashing the gesture as a silent act of rebellion, and they're being threatened with arrest if they ignore warnings to stop.

Thailand's military rulers said Tuesday they were monitoring the new form of opposition to the coup. Reporters witnessed the phenomenon and individuals were captured on film making the raised-arm salute.

"Raising three fingers has become a symbol in calling for fundamental political rights," said anti-coup activist Sombat Boonngam-anong on his Facebook page. He called on people to raise "3 fingers, 3 times a day'" — at 9 a.m., 1 p.m. and 5 p.m. — in safe public places where no police or military are present.

The gesture emerged over the weekend as protesters joined small flash mobs, or stood alone, flashing three fingers in the air.

"We know it comes from the movie, and let's say it represents resistance against the authorities," Col. Weerachon Sukhondhapatipak, a spokesman for the junta, told The Associated Press.

"If a single individual raises three fingers in the air, we are not going to arrest him or her," he said. "But if it is a political gathering of five people or more, then we will have to take some action.

"If it persists, then we will have to make an arrest," he said.

In the Hunger Games movie series and book trilogy, the salute symbolizes rebellion against totalitarian rule, signifying thanks, admiration and goodbye to a loved one.

THE ASSOCIATED PRESS

Strife imitates art

Activist Sombat Boonngam-anong urges people to raise "3 fingers, 3 times a day."

- He advises using the gesture when no military or police are present.

Protester gives a three-finger salute as soldiers watch from a walkway in Bangkok. THANYARAT DOKSONE/THE ASSOCIATED PRESS

Clowning around

Court fails to see humour in prank

A Dutch court has convicted three men of threatening behaviour after one dressed up as a clown and chased unsuspecting cyclists with an axe.

The other two filmed the prank and posted it on YouTube, according to a description of the April 24 event that prosecutors released Tuesday.

The three men, who were not identified by court officials, defended their actions as humorous. All were sentenced to 40 hours' community service. THE ASSOCIATED PRESS

Ban removed

Turks can watch YouTube again

Turkish authorities say they have restored access to YouTube five days after the country's highest court ruled that the two-month ban on the video-sharing website violates freedom of expression.

The restrictions on YouTube were imposed in late March after the leak of an audio recording of a government security meeting. In the recording, senior officials appeared to be discussing a possible military intervention in Syria.

Turkey also blocked access to Twitter in March. But early last month, the high court also ordered Turkish authorities to end the ban on Twitter.

THE ASSOCIATED PRESS

G7 leaders as you've never seen them

Oxfam demonstrators portraying, from left, British Prime Minister David Cameron, German Chancellor Angela Merkel, U.S. President Barack Obama and Prime Minister Stephen Harper rally for an energy-secure world near the EU Council in Brussels Tuesday. Harper will travel to Brussels to attend the G7, which replaces a G8 meeting in Sochi, Russia, scrubbed in the wake of the Ukraine crisis. GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

Nigeria. Military officers guilty of helping Boko Haram extremists

Ten generals and five other senior military officers were found guilty in courts-martial of providing arms and information to Boko Haram extremists, a leading Nigerian newspaper reported Tuesday.

The news follows months of allegations from politicians and soldiers who have told The Associated Press that some senior officers were helping the Islamic extremists and that some rank-and-file soldiers even fight alongside the insurgents and then return to army camps.

They have said that information provided by army officers has helped insurgents in ambushing military convoys and in attacks on army barracks and outposts in their northeastern stronghold.

Leadership newspaper quoted one officer saying that four other officers, in addition to the 15, were found guilty of "being disloyal and for working for the members of the sect."

Defence Ministry spokesman Maj. Gen. Chris Olukolade did not immediately respond to requests for comment on Tuesday.

Boko Haram has attracted international condemnation and UN sanctions since its April 15 abduction of more than 300 schoolgirls.

THE ASSOCIATED PRESS

Insurgents on rise

The kidnapping crisis has highlighted Nigeria's failure to curb Boko Haram.

- President Goodluck Jonathan fired his entire military command in January.

Zambia. Two suspected poachers arrested in slaying of park ranger

Two suspected poachers were arrested for the shooting death of the head of law enforcement at a wildlife park in Zambia, a week after a funeral attended by the seven children of the slain ranger.

Fellow park officials in camouflage uniforms and black berets saluted Dexter Chilunda and placed plastic flowers on his grave.

The suspects, who face charges including murder, were detained about 35 kilometres from Liuwa Plain National Park on Sunday after local residents provided information to the authorities on their whereabouts.

A spokesman said about 30 to 50 poachers are arrested annually in Liuwa Plain park.

THE ASSOCIATED PRESS

From stodgy to luxury: HBC's makeover pays off

Hudson's Bay Company. Canadian retailer gets a lift from Saks sales

The Hudson's Bay Company hopes a trend toward luxury goods will continue to boost its bottom line after swinging to a first-quarter profit on strong sales from Saks Fifth Avenue.

"We've been seeing a very strong, positive trend in luxury items — the more unique, the more expensive, the more special a product is, the greater the demand we seem to be getting, so that bodes well for Saks," HBC governor and CEO Richard Baker said during a conference call Tuesday to discuss first-quarter results.

HBC is on track to bring two Saks locations to Canada by the spring of 2016, he added, since the company sees "a substantial untapped opportunity for both luxury and off-price in Canada."

The Toronto-based retailer completed its acquisition of luxury U.S. retailer Saks late in 2013 for $2.9 billion including debt.

Hudson's Bay reported first-quarter net earnings of $176 million, up from a net loss of $22 million in the year-ago period as retail sales jumped to $1.85 billion, an increase of $971 million year-over-year.

Digital sales, important to the company's future growth, were $207 million in the quarter and included sales at Hudson's Bay Company, Saks and Lord & Taylor.

They accounted for 11 per cent of the company's overall sales in the quarter — a figure HBC is hoping to raise to 20 per cent over the next five years. One of the reasons HBC bought Saks last year was that its digital capabilities were more developed.

"The overall macro trend is greater movement of sales online, so I think we're very well-positioned for that," Baker said.

"HBC digital continues to show outstanding growth and we are already leveraging the team across the organization for this important channel," said Baker, adding that HBC expects customers to increasingly do online shopping as it adds to its digital offerings.

The national retailer's banners — Hudson's Bay, Lord & Taylor, Saks Fifth Avenue and Saks Fifth Avenue OFF 5TH — offer clothes, accessories, shoes, beauty and home merchandise. THE CANADIAN PRESS

Market Minute

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Dow Jones: 16,722.34 (-21.29)

PlayStation Portable is so 2009 ...

Models hold Sony PlayStation Portable video game machines during a promotional event in 2009 in Hong Kong. Sony Corp. is pulling the plug on its hand-held PlayStation Portable after 10 years. The Japanese electronics and entertainment company has been pushing the successor machine, PlayStation Vita. KIN CHEUNG/THE ASSOCIATED PRESS FILE

America. After criticism, Visa's prepaid cards to come with new labels

Visa wants to make it easier for people to spot a cheaper prepaid card.

The payment processor said it will put labels on packages of cards that meet a new set of standards it unveiled Tuesday.

Those standards include a flat monthly fee and no hidden charges. Companies that issue Visa prepaid cards will have to apply for the new label, and the program is voluntary. It could take up to a year before the seal of approval starts showing up on packaging.

Prepaid cards are mainly aimed at people without chequing accounts.

But critics have said some cards aren't clear about what they charge, even attracting attention from the Consumer Financial Protection Bureau. The U.S. federal agency is currently testing fee disclosures that it may propose on prepaid card packaging.

THE ASSOCIATED PRESS

Instagram. Spend even more time editing your pics

The photo-sharing app Instagram is adding editing tools that go beyond the vintage-looking filters that made it popular.

The Facebook-owned app said in a blog post Tuesday that users will be able to adjust the brightness, contrast, saturation and other features of photos they take with their smartphones.

The tools are available after downloading the newest version of Instagram, 6.0, on Android or Apple phones. The photo-editing tools will appear under a wrench icon.

Instagram's filters can enhance photos or add a certain hue to them, to make them look like they were taken with a Polaroid camera in the 1970s. But as smartphone cameras have improved, many users have become more sophisticated about their snapshots. Some have turned to other apps with more powerful editing tools to fix photos before posting them on Instagram.

Instagram has more than 200 million users. It was founded in 2010 and acquired by Facebook in 2012.

THE ASSOCIATED PRESS

Instagram 6.0 offers more than just filters for your pics. GETTY IMAGES FILE

Telecoms

Canada's Rogers makes deal with U.K.'s Vodafone

The Vodafone Group of telecommunications companies has signed an exclusive Canadian partnership agreement with Rogers Communications.

Rogers chief executive Guy Laurence, who headed Vodafone UK until he joined Toronto-based Rogers, said the deal will benefit its customers. THE CANADIAN PRESS

U.S. campaign

FBI targets use of laser pointers aimed at planes

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LIKE TIPPING, BUT WITHOUT THE TIP

JUST SAYIN'

Paul Sullivan
metronews.ca

It may cost more, especially when you add in the ferry ride to Vancouver Island, but we'll have to start having lunch at Smoke 'N Water, the new restaurant at the Pacific Shores Resort in Parksville.

Not only does the food look simple and good, Smoke 'N Water has a spectacular 6,000-gallon fish tank/aquarium.

Oh, and it's the first no-tipping restaurant in Canada.

Smoke 'N Water opened yesterday, and although I've been vigilantly scanning the Vancouver Island news, there are no reports of server riots or customer fainting spells. But it's still early.

As you may remember, I've written about tipping before, almost exactly a year ago, when a number of U.S. restaurants introduced a no-tipping policy. But this is Canada, land of peace, order and everything-should-stay-the-same.

Food-industry experts are calling owner David Jones naive for his view that "tipping is a broken business model," but anyone who ever tries to do anything is naive. Until it succeeds.

Jones is going to actually pay his servers a living wage — between $20 and $24 an hour. Notoriously underpaid and overworked cooks will get $16 to $18. He'll even pay medical and dental, which is rare in Restaurantland.

Here's the hitch — prices will be about 18 per cent higher than the average. Jones is betting you'll pay roughly the same as you would if you left a tip just so you don't have to leave a tip.

So let's do the math. At $24 an hour, that's $192 for an eight-hour shift. If you're earning servers' minimum wage, which in B.C. is $9 an hour, you make a base of $72. You have to make up the rest on tips. Granted, servers can make well over $100 a day on tips, but they have to do a lot of stupid server tricks to make sure they get one — pretend to love everything on the menu, put little smiley faces on the bill, hover anxiously and expectantly while the customer figures out the 15 or 20 per cent.

This way, you get paid and retain your dignity. Crazy.

It's too early to tell if this will set a trend or if Smoke 'N Water will turn into so much smoke-'n-water damage. But what's not to like? If you're a customer, you can walk into a restaurant expecting good service to be part of the, um, service, not requiring an extra bribe. If you're a server, you're a member of a fairly paid team that works together to provide a superior dining experience. Like a grown-up.

And if you're David Jones, columnists across the continent write about your new restaurant the day after it opens.

Naive, eh?

Naive like a fox

Jones is betting you'll pay roughly the same as you would if you left a tip just so you don't have to leave a tip.

ZOOM

Still life?

An ear made of human cells is grown from samples provided from a distant relative of Dutch artist Vincent van Gogh. U.S.-based artist Diemut Strebe said she wants to combine art and science with the installation.

COURTESY DIEMUT STREBE/SUGABABE

Replica of van Gogh's ear grown from relative's DNA

A German museum has put on display a copy of Vincent van Gogh's ear that was grown using some of the Dutch artist's genetic material.

The Center for Art and Media in Karlsruhe says the ear consists of living cells grown from samples provided by the great-great-grandson of van Gogh's brother. The museum says the genes are about 1/16th identical.

THE ASSOCIATED PRESS

Ear-y legend

He's known as the tortured genius who cut off his own ear, but two German historians claim that van Gogh lost his ear in a fight with his friend and fellow artist Paul Gauguin, with whom he was hopelessly infatuated.

- The official version usually goes that the disturbed Dutch painter severed his left ear lobe with a razor blade in a fit of lunacy one evening shortly before Christmas 1888. Bleeding heavily, van Gogh then wrapped it in cloth, walked to a nearby bordello and presented the severed ear to a prostitute.
- A book argues that van Gogh may have made up the story to protect Gauguin, a keen fencer, who actually lopped it off with a sword during a heated argument.

— ABCNEWS.GO.COM

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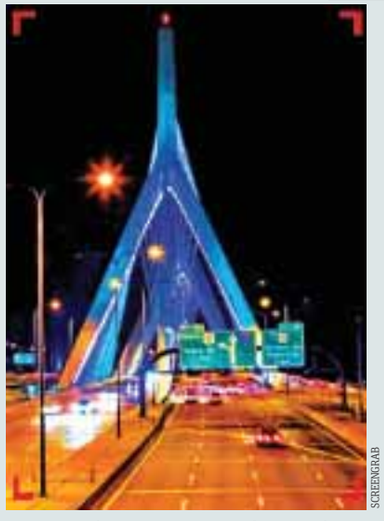
Boston: Beyond the Affleck

REBECCA WILLIAMS
readers@metronews.ca



SCREENGRAB

Boston is known for a lot of things: Mark Wahlberg, Ben Affleck, its local accent's dearth of R's and, unlike some places we could name, consistently successful sports teams.

Since the marathon bombings — and the resulting ascendancy of the "Boston Strong" meme — resilience has also become central to the city's identity. This video portrait goes beyond first glimpses of Beantown life and celebrates the city in all its stunning glory. Every town deserves this kind of tribute. (Via Erik Rojas/Vimeo)

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See that symbol? It means you can scan the photo below with your Metro News app to take a sneak peek of Edge of Tomorrow.

Spy games

Stone taking on Snowden

Oliver Stone will write and direct a film about Edward Snowden, one of two high-profile films in the works about the National Security Agency leaker. Stone announced Monday that he plans to adapt The Snowden Files: The Inside Story of the World's Most Wanted Man, a book by Guardian journalist Luke Harding. The project pairs one of cinema's most controversial directors with one of the most explosive news events in recent years —one that is ongoing.

"This is one of the greatest stories of our time," Stone said in a statement. He added that making such a film is "a real challenge."

He will have some deep-pocketed competition. Sony Pictures last month purchased the big-screen rights to Glenn Greenwald's No Place to Hide: Edward Snowden, the NSA and the U.S. Surveillance State. The film is being produced by James Bond producers Barbara Broccoli and Michael G. Wilson. Stone has advocated for the former NSA contract systems analyst, who is living in Russia on a temporary grant of asylum after leaking massive amounts of NSA documents to the media.

"To me, Snowden is a hero because he revealed secrets that we should all know, that the United States has repeatedly violated the Fourth Amendment," Stone said in a press conference at the Karlovy Vary Film Festival in the Czech Republic.

THE ASSOCIATED PRESS

Live. Die. Repeat.

Tomorrow, today, yesterday. Latest Tom Cruise flick sees its own shadow in a recurring theme on the big screen

IN FOCUS
Richard Crouse
scene@metronews.ca

Déjà vu for Tom Cruise and Emily Blunt as she explains why wearing all of that gear must feel like an eternity in their new action/sci fi movie, Edge of Tomorrow. CONTRIBUTED

"How many times have we been here," asks Rita (Emily Blunt). "For me, it's been an eternity," replies William (Cruise) as he relives the same day of an alien invasion over and over.

Edge of Tomorrow is a time-loop movie that can best be described as War of the Worlds meets Groundhog Day.

In Groundhog Day, Bill Murray says, "Every morning I wake up without a scratch on me, not a dent in the fender. I am an immortal." His take on a drunk, suicide-prone weatherman who discovers the beauty of life by living the same day endlessly may be the granddaddy of all Hollywood déjà vu stories, but many other movie characters have been caught in cinematic time circles.

The DVD cover for 2006's Salvage asks the question, "What if every day you relived your own murder?" Originally called Gruesome for the festival circuit, the movie is as grim as Bill Murray's film is life-affirming. Called a "digital video hell — spawn of Psycho, Eyes Without a Face and Groundhog Day," by Variety, Salvage is the story of Claire (Lauren Currie Lewis), a convenience store worker who undergoes her murder over and over. Despite its extremely low budget — star Lewis doubled as the film's make-up artist — Salvage was an official selection of the 2006 Sundance Festival.

The horror genre lends itself to time-bending tales. Camp Slaughter is a 2005 throwback to the slasher films of the 1980s. In this one, a group of modern teens stumble across Camp Hiawatha, a dangerous place where not-so-happy-campers are trapped in 1981 and forced to re-experience the night a maniacal murderer went on a killing spree. Labelled "Groundhog Day meets Friday the 13th (part 2,3,4,5,6,7,8... every one of them!)," by one critic, it's gory good fun.

Not into gory? The Yuletide provides a less bloody backdrop for time-looping. The title Christmas Every Day is self-explanatory but 12 Dates of Christmas is better than the name suggests. Us Weekly called this Amy Smart romantic comedy about a woman stuck in an endless Christmas Eve, a sweet "nicely woven journey."

Finally, the aptly named Repeaters is a Canadian film written by Arne Olsen, scribe of Power Rangers: The Movie.

Repeaters is about a trio of recovering addicts who find themselves in "an impossible time labyrinth" after being electrocuted in a storm. Like most time-bending films, Repeaters is about learning from your mistakes.

What sets it apart from some of the others are three unlikeable leads who use their situation to raise hell and break the law.

It's only when Kyle (Dustin Milligan) realizes they could be in big trouble if time suddenly unfreezes for them that familiar time-loop themes of redemption and self-reflection arise.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hill backtracks after hurling homophobic slur at pap

MELINDA TAUB
Metro World News

This could just as easily be titled "Paparazzo successfully baits Jonah Hill into losing his cool by insulting his shorts."

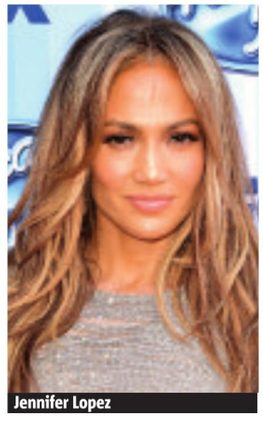
On Monday, a photographer pestering the comedy star caught him on tape using a homophobic slur (TMZ has the video). Hill, who was walking with friends in L.A., did his best to ignore the paparazzo, who was dancing around and shouting questions. "I like the shorts, though, bro. They're pretty sexy," the photographer said at one point, apparently a swipe at Hill's flowery summer shorts. Hill eventually lost his cool and yelled, "Suck my d—, you f—," at the photographer.

On Tuesday, Hill, who's been known as a strong supporter of the LGBT community, went on The Howard Stern Show to offer his sincere apology for using the slur. "In that moment, I said a disgusting word that does not at all reflect how I feel about any group of people. I grew up with gay family members. I'm leaving here to go spend the day with one of my closest co-workers and best friend, who is gay, who's getting married, who I'm going to stand (with) at his wedding," Hill told Stern.

Jenny from the Block makes sure bf won't talk

When you're Jennifer Lopez, it makes sense that certain precautions would need to be made before starting a relationship.

Among those precautions? Lopez reportedly had current boyfriend and choreographer Casper Smart sign a legal document forbidding him from discussing his and Lopez's relationship — personal or professional — with the media without her prior written approval, according to Radar Online. Lopez is "very savvy when it comes to business, but her love life is always filled with drama," a source says.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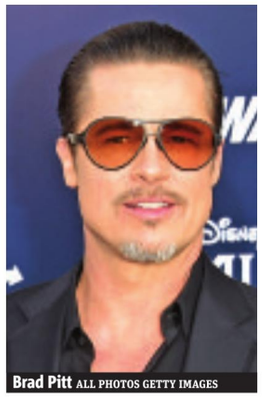
Brad Pitt ALL PHOTOS GETTY IMAGES

Red-carpet prankster was trying to 'bury his face in my crotch,' Brad says

Brad Pitt is finally breaking his silence about his red carpet run-in with Ukrainian prankster Vitalii Sediuk at the Maleficent premiere last week.

"I was at the end of the line signing autographs, when out of the corner of my eye I saw someone stage-diving over the barrier at me," he tells People magazine in a statement.

"I took a step back. This guy had latched onto my lapels. I looked down and the nutter was trying to bury his face in my crotch, so I cracked him twice in the back of the head — not too hard, but enough to get his attention because he did let go. I think he was then just grabbing for a handhold because the guys were on him, and he reached up and caught my glasses."

The crotch-targeting is in line with Sediuk's style of prank, as he'd been caught sticking his head under America Ferrera's dress last month on a Cannes red carpet.

The disgraced TV reporter was sentenced to three years' probation, a year of counselling and a temporary restraining order keeping him away from Pitt and Angelina Jolie.

"I don't mind an exhibitionist," Pitt insists. "But if this guy keeps it up, he's going to spoil it for the fans who have waited up all night for an autograph or a selfie, because it will make people more wary to approach a crowd. And he should know if he tries to look up a woman's dress again, he's going to get stomped. "

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Dude, here's the ranch!

Texas. Forget the golf and Vegas debauchery, a weekend at a ranch and spa is the new kind of mancation

ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
@dobbernation

After a hard day on the ranch, kick back with tequila and meals made with produce from the resort's organic farm. PHOTOS: ANDREW DOBSON/METRO

Hoping to plan the ultimate mancation this summer but feel the Vegas Bachelor Party is overplayed? You'll find the perfect alternative at Travaasa Austin Experiential Resort, located in breezy Texas Hill Country.

Nestled against 210 acres of the Balcones Canyonlands Preserve, the resort offers a perfect playground for macho men who have a penchant for pampering.

Meals are served at Jean's Kitchen under the watchful eye of chef Benjamin Baker, who creates new menus each day to reflect the changing harvest.

His kitchen showcases produce from the resort's working organic farm, as well as locally sourced meat, fish and dairy to create flavourful, healthful meals with a Texas fusion flair.

Those who enjoy a splash in their glass will appreciate the top-notch sipping tequila, small batch bourbon and local Texas craft brews on offer at the bar.

The resort includes riding stables, a high ropes challenge course designed in partnership with Outward Bound, fitness centre, pump track, yoga studio, infinity-edge pool, dining room which spills onto a pretty patio, and a tranquil, 11-room award-winning spa.

Guests are encouraged to make the most of their vacation; relax by the pool and stretch out at morning yoga or dive right into the adrenalin rush via bike pump track and giant swing.

Those looking for an active adventure will find a dizzying number of activities to chose from. Start by holding your breath while walking the tight rope at the Prickly Pear Challenge Course before soaring through the treetops on a 250-foot-long zip line. Cyclists will find their own slice of nirvana while whizzing through a 100-square-feet Pump Track specializing in jump biking.

And no trip to Texas is complete unless you've saddled up, so be sure to stop by the equine centre with your cowboy boots. Hop on a friendly quarter horse for a guided trail ride, which includes a splash in a quiet creek and zig-zag adventure up a hillside dotted with oak and mountain juniper.

Finish the trip by treating yourself at Travaasa's award-winning wellness spa. Male guests indulge in treatments in the Western Sky Room, lined with reclaimed Douglas fir planks from an old Texas elementary school and Loblolly pine from a local library.

The ceiling is etched with a fibre-optic recreation of the Texas night sky, a deer bust hangs overhead and a rawhide chair offers a welcome spot to relax both before and after your treatment.

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Flanders Fields tour not one to forget

Belgium. 100 years on, the gravity of the Great War comes to life while wandering through Ypres

The Trenches of Death in Diksmuide, Belgium, are well preserved. ALL PHOTOS: THE ASSOCIATED PRESS

Red poppies were first symbolized as a means of remembrance by Canadian First World War soldier and surgeon Lt. Col. John McCrae.

Tyne Cot is the largest Commonwealth war cemetery in the world in terms of burials, with 11,956 Commonwealth servicemen of the First World War buried there.

Crimson poppies still dance in the breeze as if nothing horrific happened in Flanders Fields of Ypres. But a century after the start of the First World War, the flowers endure as a symbol of the dead, in part because of a celebrated poem:

"In Flanders fields the poppies blow — Between the crosses, row on row."

The famous flowers are among many reminders of the region's connection to the Great War. Amid monuments and headstones in this western corner of Belgium, Flanders' eerie landscapes, trenches and bunkers continue to evoke the soldiers who died here by the hundreds of thousands. As carefree 21st century travel goes, a tour of Flanders Fields packs a punch that can long stay with you.

The haunting poem, In Flanders Fields, was written by Lt. Col. John McCrae, a doctor from Guelph, Ont., who ran a field hospital during the war. During a recent wreath-laying ceremony at the massive Tyne Cot burial grounds to honour the dead, the poem was read aloud by a student visiting with a group from St. George's Academy in Sleaford, England.

"The kids are really moved by it," said teacher Charlotte Tilley. "We had about half a dozen crying."

One stunning aspect of a visit here is the region's beauty and serenity. A spectacular springtime has turned the once barren, muddy battlegrounds lush with ripening wheat fields and pastures where cattle chew thick grass.

Walk through Ypres, which has four battles named for it, and you'd be forgiven for thinking you're in a splendidly preserved medieval town with a Gothic hall, gabled houses and spires. But what was left of the town on Nov. 11, 1918 — when the war ended — were stumps, rubble and vague memories where homes once stood. Ypres' second battle saw the first use of chemical weapons in warfare, and its third, named for the tiny village of Passchendaele, saw 150,000 men die in 100 days.

Some wanted Ypres to stay in ruins as remembrance. The people immediately decided otherwise and started rebuilding, "as if there never had been a war. It was very much a psychological reaction," said Piet Chielens, the co-ordinator of the In Flanders Fields museum, which is housed in the rebuilt neo-Gothic hall on the marketplace.

"Ypres immediately became a centre of remembrance. The first tourists and pilgrims arrived in early spring of 1919," said Chielens.

Massive crowds are expected this year. "We believe there will be something like half a million visitors this year coming from at least 70 different nations," Chielens said.

Even ahead of the official start of the centenary in August, hundreds, sometimes a few thousand, flock to the 8 p.m. playing of the Last Post, the daily salute at Ypres' Menin Gate, where walls list 54,000 soldiers who perished but were never found.

The deafening silence once the bugle stops playing is a must in remembrance tourism, as is the In Flanders Fields Museum. But visitors should also take time away from the ceremonies and crowds to wander across the flat fields dotted with low-flung ridges where so many fought and died.

"The real museum is still out there," said Chielens. "The traces, the scars in the landscape, the numerous monuments and cemeteries that will give you that sense of loss and tragedy."

If you go...

For more information on visiting Flanders Fields, go to visitflanders.us.

It might be a tiny cemetery where only dozens of soldiers lie, a rain-sodden trench, or a derelict German bunker.

The city of Diksmuide has the Ijzertoren memorial with sweeping views of battlefields from atop its 84-metre (275-foot) tower. Nearby, the warren of Dodengang trenches brings the claustrophobia of war home, even if it no longer has the rats, stench and enemy within shouting distance.

Yet tourists should not limit their trip to pondering war. "You learn to understand what the importance of living and enjoying life is after you have been confronted with the experience," Chielens said.

For kids, that might mean a visit to the Bellewaerde theme park. For grown-ups, gastronomy stands out. Those with money and sense to reserve ahead should try In De Wulf, considered one of the world's best restaurants, in the village of Dranouter, close to the Kemmel Ridge battle site. You might spot a chef picking flowers in the fields that will turn up on your dinner plate, or you might be served, as a vegetable, shoots from hop plants used in brewing the region's famous beer.

For tourists, there's nothing like a summer's evening with a Hommelbier or St. Bernardus Tripel on a terrace to let the day sink in. And while the memory of those fluttering poppies may fade, the sense of what happened here will likely grow stronger. As McCrae wrote:

"If ye break faith with us who die — We shall not sleep, though poppies grow — In Flanders fields."

THE ASSOCIATED PRESS

metro

ENVIRONMENT WEEK

Wednesday, June 4, 2014

Swap screen time for green time

Pitch in. Get involved in an event to celebrate our country's progress and raise awareness

MICHELLE WILLIAMS
For Metro

This week, Canadians are participating in community and national events designed to celebrate, appreciate and teach us about caring for our environment.

Environment Week, from June 1 to 7, is an annual event that inspires preservation, protection and restoration of our environment. This year's theme is Strengthening Our Environment for Today and Tomorrow, but this grassroots celebration has strong roots in our country's past.

The concept dates back to 1970, when a growing concern about pollution led to the notion that Canada should devote one week each year to focus on the environment.

"Canadians spend about half as much time outside as they did a couple generations ago, and more than six hours of screen time each day.

Environment Week events provide opportunities to replace screen time with green time and get involved in environmental causes in their community," says Jode Roberts, spokesperson from the David Suzuki Foundation, one of the country's leading environmental organizations.

There are celebrations happening all across the country throughout the week to bring awareness to the challenges our environment faces today and what we need to do for a more environmentally-friendly tomorrow. Here are just two of the key events:

World Environment Day on Thursday is an opportunity to recognize the progress we've made when it comes to caring for our environment, but also reminds us all that our efforts must continue throughout the year. The philosophy is that every effort to protect and preserve our environment counts, whether it's big or small.

Thursday is also Clean Air Day, a time to promote the importance of clean air, and prompt all Canadians to continue making changes in the way we live to help reduce the impact of our environmental footprint.

Environment Week (June 1 to 7) aims to draw attention to the challenges our environment is facing today. SHUTTERSTOCK

Connect yourself

- Find out more about national events at Environment Canada's website: ec.gc.ca.
- Check out local and community events — and share information on your event — on the Environment Week Facebook page at facebook.com/environmentcan/events.

The creative commuter: How to shrink your eco footprint

With the warm, sunny weather finally here, many Canadians are taking the opportunity to reflect on the environmental impacts of their daily routines. For commuters especially, summer's imminent arrival provides a perfect backdrop for Canadian Environment Week, which encourages everyone to play a role in protecting the natural world by choosing eco-friendly transportation.

Enjoying an environmentally-conscious commute is not only good for the Earth, but also for your physical and mental health. Cycling in to work has never been easier, as ever-expanding networks of bike paths help make Canadian cities more and more friendly for pedallers. Even if your entire route to work is not cycle-safe, biking to a convenient transit stop and hopping on board a bus or train offers an eco-friendly alternative to driving.

If taking the car is a must, a carpool or ride share provides opportunities to socialize with fellow commuters, reduce congestion on the roads, and decrease smog and greenhouse-gas emissions.

While your choice of transportation has vast environmental impacts, there is more to your commute than the wheels that get you to work on time. Incorporating sustainable choices into morning rituals such as packing a lunch and a cup of coffee can make a small but important difference. Rather than plastic wrap or tinfoil, for instance, try reusable containers. Similarly, buying snacks in bulk, as opposed to in individual packages, helps reduce your environmental footprint.

And rather than carrying your new food containers in a run-of-the-mill plastic bag, try a reusable one made of canvas or recycled materials. They're trendy, washable, can be personalized, and will last much longer than a plastic bag. For coffee drinkers, cut down the amount of trash on your commute by using a travel mug, so even that hot cup of java has a smaller impact on the environment.

KIERAN VAN/FOR METRO

Cycling to work, bringing a travel mug and reusable containers all help the environment. SHUTTERSTOCK

Commuter challenge

- **Need a little push to opt in to environmentally-conscious transportation?** The Commuter Challenge runs June 1 to 7, and encourages Canadians to leave their cars at home. It rewards choices such as walking, cycling, carpooling, public transit and even telecommuting. You can find more information and register your workplace at commuterchallenge.ca.

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Separating components at Global Electric Electronic Processing in Barrie, Ont. ONTARIO ELECTRONIC STEWARDSHIP PHOTO

Zapping electronic waste the safe way

ALISON MCKINNON
For Metro

Is there an old computer lurking in a corner of your basement? Are spent batteries rolling around in your junk drawer?

Most Canadians admit to holding onto this kind of electronic trash because they don't know what to do with it. To prevent cellphones, digital cameras, batteries, printers and other potentially hazardous electronic waste from piling up in landfills and threatening the environment, Canadians need to know how to safely dispose of many common products they no longer use.

"Promotion and education about safe and responsible reuse and recycling of out-of-use electronics is part of our mandate," said Melanie Wilde, executive director of Ontario Electronic Stewardship, a not-for-profit group that oversees the responsible reuse and recycling of end-of-life electronics.

Electronics recycling programs across Canada vary by city, region and province. Some cities also hold special collection events several times a year to make recycling that much easier. Check online to find out what's allowed in your area.

More than 80 per cent of Canadians have at least one unused electronic item sitting at home. SHUTTERSTOCK

Unwanted electronics

- More than 80 per cent of Canadians have at least one unused electronic item sitting at hom≠e; while more than 50 per cent younger than the age of 35 have six or more.
- Since 2004, recycling programs across Canada have diverted more than 530,000 tonnes of electronic waste from landfills.

Many manufacturers, such as Apple, Sony and Panasonic, along with retailers such as Staples and Best Buy, will take back electronics that customers no longer use. Bell and Rogers provide postage-paid mailing labels with their mobile phones so consumers can recycle their old phones by mail.

Where does e-waste go?

Your old electronics are sent to specialized facilities to be disassembled and processed. Valuable metals, plastics and glass are recovered to make new products. Toxins, such as mercury and lead, are removed safely. By giving this kind of trash to reputable service providers, Canadians help divert electronics and other toxic waste from landfills and, ultimately, protect the environment.

For more, visit recyclemycell.ca or epsc.ca.

Get involved. A little bit can make a big difference

When it comes to environmental concerns, small changes can add up to make big differences.

And if you subscribe to the belief that it takes a village to better the environment, then it's time to band together with your neighbours to embrace some of these simple ways to make positive changes that we have put together with the help of Jode Roberts, spokesperson for the David Suzuki Foundation, one of Canada's leading environmental organizations.

Organize a swap. Maybe your neighbour has an old lawn mower you would like to exchange for your underused barbecue. Trading is a great way to eliminate waste and save money. Can't find anyone to swap with? Hold a street sale so everyone in the neighbourhood can work together and benefit, while helping the environment.

Connect with nature

- "An important way to connect with the environment is to spend time outside," said Jode Roberts of the David Suzuki Foundation. Need more reasons to commune with nature? Spending time in nature increases energy, creativity and problem-solving ability, enhances memory and attention span and helps relieve stress.

Adopt a park or parkette. Get the community together and clean up a park, do some planting and organize some fun outdoor activities to bring the neighbourhood together.

Go planting. Plant a native species of tree, flower or shrub, or grow some vegetables. Whether it's in your yard, at the local school or in any green space, it's a great way to teach your kids about the wonders of nature. Want to help monarch butterflies? Plant some milkweed — it's the only plant monarch caterpillars will eat.

Be part of Environment Week. Check out the Environment Canada Facebook page (facebook.com/environmentcan/events) to see what's happening in your area.

MICHELLE WILLIAMS

Spend time outside to connect with nature. Plant a tree or take a hike are some ways on how you can help the environment. SHUTTERSTOCK

Changing the world, one eco-tip at a time

MICHELLE WILLIAMS
For Metro

With a strong emphasis in classrooms and in the media, today's kids are more connected to the environment than any generation before them.

So in celebration of Environment Week, we asked a group of students from Toronto's WillowWood School how they are helping their families protect and preserve the environment.

1 Don't leave water running. Take shorter showers and don't overwater the lawn. "We turn off the water when brushing our teeth." NOAH, GRADE 12

2 Cut back in the laundry room by reusing towels and wearing clothes more than once before washing. Do only full loads, wash clothes in cold water and hang them to dry in the summer. "We've upgraded to new energy-efficient appliances." ALEC, GRADE 9

3 Switch off the lights and electronics when you're done. "Our family always turns off our electronics when we're not using them." JORDAN, GRADE 6

4 Choose environmentally-friendly products. Use natural cleaning products and buy products with less packaging. "My family has replaced our regular light bulbs with energy-saving bulbs." LEAH, GRADE 10

5 Turn down the air conditioning by setting the thermostat up a degree or two. Draw the blinds during the day to keep the house cooler. "At night, we open the windows instead of using the air conditioner." MATTHEW, GRADE 12

6 Choose reusable. Pack waste-free lunches in reusable containers. Take a reusable mug to the coffee shop. "We've stopped using plastic water bottles to cut back on waste." LUCA, GRADE 6

7 Look for ways to recycle instead of throwing things out. Give away, sell or swap things you no longer want or need. "Our family gives things we no longer use to the homeless." IAN, GRADE 12

8 Dispose of waste properly. Use compost and recycling bins. "Don't litter. It's bad for the environment and disrespects nature." LOGAN, GRADE 1

9 Spend time outside to connect with your environment. Plant a tree or take a nature hike. "I walk home 25 minutes from school every day with my friends." ROHAN, GRADE 6

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Colourful vegetables and tortillas stack up to a hill-of-beans snack

Mixed Vegetable and Bean Tortilla Stack.
Chock full of vegetables, this vegetarian meal is colourful and perfect for a weeknight

DINNER EXPRESS
Emily Richards
food@metronews.ca

Make dinner fun and easy with lots of colour with vegetables. Dinner will look good and taste great with easy pantry staples that you can put together in no time at all. While the stack is baking, be sure to put together an easy green salad or coleslaw to enjoy alongside.

Using fresh herbs and vegetables helps bring summer into the kitchen.

Keep a stash of canned beans in your kitchen for quick meals or snacks. This is a great after-school snack for kids to enjoy to keep them satisfied until dinner is ready. Get them involved and cooking by chopping vegetables and putting the stack together; you save time, and they will learn important life skills.

Cooking tip

- Use a serrated knife to make it easier to cut into this stack.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 2 tsp (10 ml) canola oil
- 1 small red bell pepper, diced
- 1 small zucchini, diced
- 1/2 cup (125 ml) diced red onion
- 6 cloves garlic, minced
- 1 tsp (5 ml) chili powder
- 1/2 tsp (2 ml) ground cumin
- 1/2 cup (125 ml) corn kernels (cut from 1 cob of corn or frozen)
- 1 can (19 oz/540 ml) white kidney beans, drained and rinsed
- 3 small whole wheat flour tortillas
- 1/2 cup (125 ml) shredded cheddar cheese

Topping:

- 2 tbsp (30 ml) plain 0% yogurt
- 1 tbsp (15 ml) shredded cheddar cheese
- 1 tbsp (15 ml) chopped fresh cilantro or parsley
- 1 tomato, diced

This recipe makes four servings. Make two stacks for a bigger crowd and added leftovers. EMILY RICHARDS

1. In nonstick skillet, heat oil over medium heat. Cook pepper, zucchini, onion, garlic, chili powder and cumin, stirring for about 8 minutes or until very soft. Remove from heat and stir in corn; set aside.

2. Meanwhile, in shallow dish, mash beans with potato masher until fairly smooth. Stir in vegetable mixture until combined.

3. Lay 1 flour tortilla onto a small baking sheet and spread with half of the bean mixture. Sprinkle with half of the cheese. Repeat once and top with final tortilla.

4. Topping: Spread yogurt over top of tortilla and sprinkle with cheese. Bake in 400 F (200 C) oven for about 15 minutes or until edges are crispy and filling is hot. Remove from oven and sprinkle with cilantro and tomato.

5. Cut in quarters to serve.

This recipe serves six people. MATTHEW MEAD/THE ASSOCIATED PRESS

Versatile farro and veggies

Farro and vegetable salad with cucumber ranch dressing is pretty versatile. If you have carnivores coming for dinner, you can bulk it up with chicken or shrimp.

Ingredients

Dressing:

- 1/2 cup coarsely chopped seedless cucumber
- 1/4 cup low-fat mayonnaise
- 1/4 cup buttermilk
- 1/2 teaspoon minced garlic
- 1 teaspoon lemon juice
- 2 tablespoons vegetable oil
- Salt and ground black pepper
- 2 tablespoons snipped fresh chives
- 1 tablespoon finely chopped fresh tarragon, dill or parsley

Salad:

- 2 cups cooked farro (follow package directions)
- 1 cup cooked shelled edamame

1 cup coarsely shredded carrots
1 cup coarsely shredded radishes
1/2 cup crumbled feta cheese (optional)

1. In a blender, combine the cucumber, mayonnaise, buttermilk, garlic, lemon juice, oil and salt and pepper, to taste. Puree until smooth. Stir in the chives and tarragon, then transfer to a jar and set aside.

2. In a large bowl, toss together the farro, edamame, carrots and radishes. Season with salt and pepper.

3. To serve, add the feta to the salad, if using. Toss the salad with two thirds of the dressing, then divide among 6 serving plates. Serve the extra dressing on the side. THE ASSOCIATED PRESS

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Cruise your way through culture shock caused by any new cubicle

It's a new job, it's a new day, and you're feeling good. Don't be daunted by the difference in atmosphere from one office to the next

MICHELLE SAMMUT
TalentEgg.ca

If you're ready to make a career move, transitioning from one office to another can be a challenge. You've done your homework on Company X and have the skill set to succeed in your new role, but the everyday details of your new environment are a mystery.

Organizational culture is the overall system of beliefs, behaviours, customs and dynamics that make up the identity of a workplace.

There are as many different types of culture as there are companies, so how do you prepare yourself for success if your past and present work cultures are like night and day?

Here are seven useful tips to ensure a smooth transition and help you overcome any office culture shock.

Before you get there

1. Establish a cultural checklist. Make a list of the qualities you liked and disliked about your last workplace to figure out which cultural qualities you need at the office in order to thrive (like an open-door policy with management) and those you can live without (lunchtime yoga classes). Developing your sense of self-awareness can help to inform your future career strategy.

2. Identify what Company X's online presence is like. Are they active on social media? Do they have a blog? Does their website feature staff photos or personal bios? If an online culture is fun and interactive it may reflect a youthful culture offline. If their online presence is more formal, offline culture could be by the book.

3. Ask strategic questions during an interview to get an idea of how your cultural checklist might fit with theirs. Targeted questions that touch on issues like work/life balance can offer you a glimpse of their cultural expectations and help you determine whether you can get behind them. Potential questions include: "What does the busiest time of year look like?" and "Which teams will I be interacting with?"

Once you arrive

4. Embark on a "culture walk" around the office and look for artifacts that implicitly tell a company story. Family photos on desks, accomplishments on office walls, memos on bulletin boards and the arrangement of furniture can all provide insights. Market-driven cultures typically have financial goals and targets displayed in plain view on whiteboards. Highly collaborative cultures might have open-concept work areas where desks are arranged into clusters.

5. Listen to the conversations happening around the office. You can discern culture by the way work is communicated. Are projects assigned primarily through email or is your manager more likely to stop by your desk to chat about it in person?

6. Find a mentor who can help you navigate office norms and habits. Invite them out for coffee as a way to get to know them better and learn more about their time with Company X.

7. Ask around about social initiatives and activities at the organization, such as volunteer programs or organized sports leagues. Establishing personal connections can sometimes be a challenge at larger organizations, so getting involved outside of the office can help you build social capital. The initiatives a company is involved with can also be a great indication of their cultural values.

Remember, adjusting to a new role always takes some time. Be patient with the process and be proud of yourself for moving on to the next step in your career path!

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Are the people around you sharing stories about their weekend or are they talking about work? The level of personal interaction at a workplace can reflect whether a culture values building community or growing the bottom line. ISTOCK

Party with your pod

Establishing personal connections can sometimes be a challenge at larger organizations, so getting involved outside of the office can help you build social capital.

Twitter

TalentEgg #Questionofthe-Day: Should you still include your mailing address on your cover letter/resume?

@EDSPowell
It seems to be expected, though I know some people worry about applying remotely and getting screened out!

@Recruit_Campus
I'm more concerned about including your LinkedIn URL, appropriate email address & phone # with VM.

@EvanBirtch
You'd figure with most correspondence via email you wouldn't need it, but it would look weird w/o it

@IronWhisk
No. Just your city is best. You don't want to scare away potential employers because you're "far"

@OTCoop
It's not a likely method of communication, but still imp. to have. Either on the resume or CL but not both.

CAREER FINDER

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Bouncing back into a Grand Slam semi

French Open. Bouchard sets up match against 2012 champ Sharapova; Raonic falls to Djokovic in quarter-finals

Eugenie Bouchard celebrates winning her French Open quarter-final match against Carla Suarez Navarro in Paris on Tuesday. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Eugenie Bouchard is preparing for her second straight Grand Slam semifinal. Fellow Canadian Milos Raonic is still looking to reach his first.

Bouchard defeated Spain's Carla Suarez Navarro 7-6 (4), 2-6, 7-5 at the French Open on Tuesday. The match was completed a couple hours before Raonic came up short in his bid to reach the men's final four, dropping a 7-5, 7-6 (5), 6-4 decision to Novak Djokovic of Serbia.

Next up for Bouchard, a 20-year-old from Westmount, Que., is a meeting with Maria Sharapova. The 2012 champion from Russia advanced with a 1-6, 7-5, 6-1 over Garbine Muguruza of Spain.

"I'm very content with a win like this," said Bouchard. "It was a battle throughout. She played very well especially on long points.

"The last set was key for me. I'm really excited to be playing Sharapova in a big match here."

Bouchard is the third Canadian woman to reach the Roland Garros quarter-finals after Carling Bassett-Seguso (1984, 1986) and Helen Kelesi (1988, 1989). Bouchard and Bassett-Seguso are the only players to reach the semifinals at a Grand Slam, the latter doing so at the 1984 U.S. Open.

Earlier this year, Bouchard reached the Australian Open semifinals but lost to eventual champion Li Na of China. Sylvain Bruneau, the captain of the Canadian Fed Cup team, said Bouchard learned from that experience and is comfortable in the spotlight.

"I expect her to be able to really raise her (game), to really play her best tennis against Sharapova," he said. "Really be in the moment and not be caught up with anything else (except) the ball and the next point."

As for Raonic, the No. 8 seed from Thornhill, Ont., went toe-to-toe with Djokovic over the first two sets before fading in the third. The Canadian fired 21 aces but converted only one of two break opportunities.

The second-seeded Djokovic was broken while serving for the victory at 5-2, but the veteran closed it out two games later when a Raonic forehand sailed wide. THE CANADIAN PRESS

Her finer points

46

Eugenie Bouchard finished her match Tuesday with 46 winners, 38 unforced errors and breaks on six of 14 chances.

CFL labour

Union says work stoppage looks like a possibility

The CFL is one step closer to a work stoppage after the league rejected the union's most recent offer, the president of the CFL Players' Association said Tuesday.

"I think we are," Scott Flory said in a phone interview. "I think it's safe to say we are."

The players tabled a new offer on Monday that called for a shorter term and included concessions on the salary cap and the amount of revenue that would trigger the renegotiation of the deal.

The two sides haven't met face-to-face since Thursday and no new talks are scheduled.

CFL commissioner Mark Cohon said he hopes the players don't go on strike but that the next move is theirs.

"We understand they're very serious but we want to see football," he said. THE CANADIAN PRESS

In a better place

"To me, it's just a better situation than it was in Ottawa. I'm just being honest, from top to bottom."

Quarterback Kevin Glenn on being traded to the B.C. Lions from the Redblacks. Glenn said he had wanted to be "the guy" in Ottawa, but after the signing of Henry Burris in February, Glenn demanded a trade.

Kings, Rangers have taken long roads to final

Rangers goalie Henrik Lundqvist skates during a practice session on Tuesday at Staples Center in Los Angeles. BRUCE BENNETT/GETTY IMAGES

Scan the image with your Metro News app for a gallery of the events around the Stanley Cup final from Tuesday.

It's taken the Kings 21 playoff games and the Rangers 20 to get to this Stanley Cup final. They have survived five Game 7s along the way.

But in truth, the journey started a lot longer ago.

The ride cost Los Angeles forward Jeff Carter his two front teeth. Ask him how it happened and he digs deep into the memory bank.

"Couple of separate incidents," he said, flashing a smile with a gap that would accommodate a quarter. The backstory gets a little fuzzy after that, although a puck to the mouth was involved.

Kings goalie Jonathan Quick changed allegiance on his road. He grew up a Rangers fan in Milford, Conn., and remembers watching Mike Richter and Mark Messier lead the Blueshirts to the 1994 Stanley Cup.

He recalls having a couple of friends over for Game 7. He was eight years old.

On Wednesday, Carter, Quick and the Kings go after their second Stanley Cup in three seasons with the underdog New York Rangers standing in their way. New York is back in the final for the first time in 20 years.

On media day Tuesday, Los Angeles GM Dean Lombardi took a playful swipe at New York, noting he had worked in Philadelphia for three years.

"Part of the qualifications for that job was I had to learn to hate the Rangers in a hurry," he said.

The hate is on for real Wednesday. THE CANADIAN PRESS

Going the distance

26

The Kings are nearing the record for most playoff games in a season. The current mark is 26, set by the 1987 Philadelphia Flyers and 2004 Calgary Flames. The most games by a cup winner is 25, by the 2006 Carolina Hurricanes and 2011 Boston Bruins.

2015 Nissan Micra

- **Type.** Five-door, front-wheel drive subcompact hatchback
- **Engines (hp).** 1.6-litre inline four-cylinder (109)
- **Transmissions.** Five-speed manual, four-speed automatic
- **Base price (incl. destination).** $11,399

Market position

Very clear market position: least expensive new vehicle you can buy in Canada. Aimed at first-time buyers on a budget, urban dwellers who desire a car with a tidy footprint, and serious downsizers of every other demographic. Competition is other small hatchbacks — and used cars.

Points

- Very successful global car. Currently sold in 160 countries — but not currently in the U.S.
- Nissan Canada took three years to develop this exclusive-to-Canada version, based on European-market Micra.
- Shares platform with larger Nissan Versa Note Hatchback.
- No 6-speeds, CVTs, heated seats or navigation availability keeps prices down.

This subcompact hatchback is based on a European model.

Safety

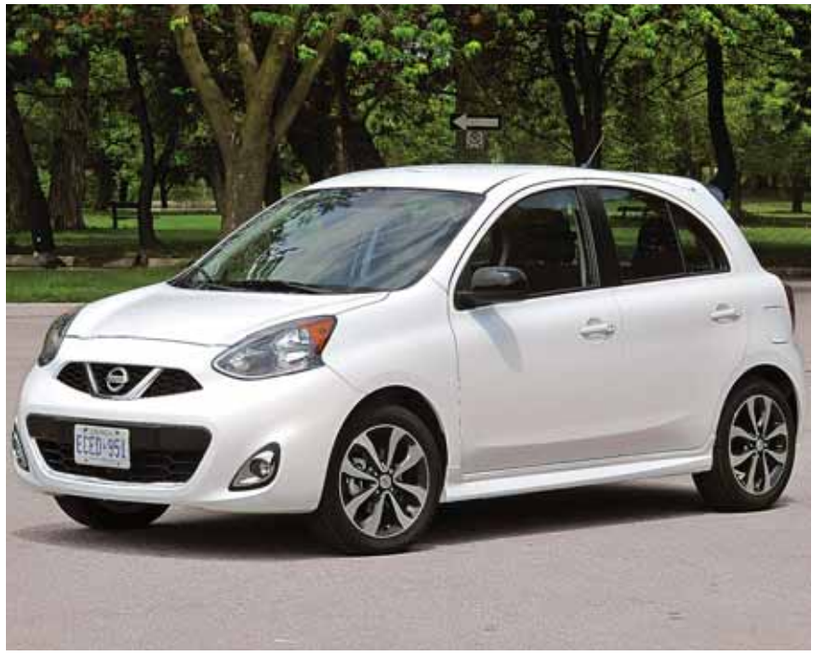
Six standard air bags; standard front/rear disc/drum brakes with ABS and Electronic Brake force Distribution (EBD) and Brake Assist; standard traction control and stability control; standard anchors and tethers for child seats; available rear backup camera and monitor.

Nissan Micra: Small is a virtue

PHOTOS: CONTRIBUTED

Review. Short and purposeful, the Micra is a Napoleon Dynamite

MICHAEL GOETZ
drive@metronews.ca



The five-speed manual is smooth and quick to shift, and feels zippy over all.

Small cars have a hard time in North America, the land of the Denny's Grand Slam Breakfast and the 7-Eleven Big Gulp: If we can finish it, you didn't make it big enough.

But a new breed of small cars has been winning fans recently, due to their new-found features and hip styling, which were heretofore only available in larger, more expensive cars. But some of this nice stuff has pushed prices to where many small cars no longer wear small price tags.

Enter the 2015 Nissan Micra. At $9,998, it has the lowest base price of any new vehicle available in Canada. (Destination and PDI charges are $1,400.)

Micra's pricing advantage gets diminished once you move off that S base model with the 5-speed manual transmission. Add automatic transmission, air conditioning and cruise, and you're looking at another $3,000 or so.

But pricing always stays low and lovely on all three trim levels (S, SV and SR).

The main point is that Nissan gives you a sub-$10,000 option and others don't.

Micra also turns out be to be a great little vehicle. I recently took a very-white, top-level SR model out for a twirl, and was surprised by how much fun it was to drive.

The five-speed manual was smooth and quick to shift, and the 106-hp 1.6-litre engine was torque-y and very agreeable to being revved.

Overall, it *feels* zippy, which is actually preferable to a car that might *be* more zippy, but doesn't transmit that feeling to the driver.

It also handles well, due to the European-spec suspension, with an additional sway bar. The Canadian Micra is the only Micra in the world with both front and rear sway bars.

The rear accommodations are predictably tight for a car that stretches just 3.8 metres. But the upside is great agility, and more parking opportunities around town.

Its turning radius is also ridiculously short. You can easily turn around in the middle of most side streets. Sometimes it's good to be small.

You have to hand it to Nissan for finding this low-cost gap in the market, and for wanting to exploit it to get more new customers into the Nissan fold — customers that traditionally might have gone to the used market. Nissan even has a special financing program, just for first-time buyers that choose Micra — no previous credit history required.

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A concept vehicle with high-strength steel components. CONTRIBUTED

Strong enough for car crashes, light enough for fuel efficiency

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High-strength steel.

Automakers can use several grades in a vehicle for optimum performance

JIL MCINTOSH
drive@metronews.ca

Automakers face two major challenges when they build vehicles. Cars must be strong enough to protect occupants in a crash, but they must also be as lightweight as possible to meet stringent fuel-economy standards.

One product that addresses both issues is high-strength steel, which itself is constantly being improved for better performance.

"There are different types and grades, with unique microstructural characteristics that engineers build into the product," says Ron Watkins, president of the Canadian Steel Producers Association. "It's a tremendous amount of work, but the auto industry is always looking for fuel efficiency."

Steel becomes stronger through three factors: alloys such as manganese, boron or silicon that are added to the molten steel mix; continuous slab production to ensure each section receives the same heating and cooling treatment; and "work hardening," when stamping or forming parts, which alters steel's structure.

By adjusting the ingredients used, or the way the steel is processed, steelmakers can produce various strengths, including the strongest advanced high-strength steel (AHSS). Auto manufacturers may use several grades in a vehicle, depending on each component's function and where it's located, for optimum performance.

In a crash, cars need to crumple progressively, gradually absorbing the crash energy so it isn't transmitted to the occupants. Different steel grades can be used to create this gradual crunch, with the highest-strength steel used in the passenger compartment, which has to remain intact and uncrushed.

AHSS is more expensive than conventional steel, but because it's so much stronger, automakers use less of it overall. In some cases, a component made of AHSS could be as strong as one made of regular steel, but contain 20 to 35 per cent less material, which helps to offset the high-strength steel's extra cost. The major benefit is that the car now weighs less, which improves fuel efficiency.

So why not make the whole car out of it? It comes down to selecting the most appropriate product for each component, how strong it needs to be, and the price. A hood doesn't have a heavy load requirement, for example, so an automaker is more likely to make a lightweight version out of lower-cost aluminum than higher-priced AHSS.

All about steel

- Automakers first started using high-strength steel in the 1970s, when a gas crisis made fuel efficiency a priority with buyers.
- Steel strength is measured in megapascals (MPa). Regular steel is around 300 MPa, while high-strength steel usually ranges from 590 to 780. Some advanced steels can go as high as 1,800 MPa.
- Steel's thickness used to be measured in gauge, with higher numbers indicating thinner panels, but it's now more common to measure it in millimetres.

The three R's

"Cars are shredded and reduced back down to basic steel again. It's infinitely recyclable."

Ron Watkins, president of the Canadian Steel Producers Association, on the ability to melt down high-strength steel with any other grade of scrap steel to form a new product

Horoscopes

♈ Aries
March 21 - April 20
Material matters may be taking up a great deal of your time but don't focus on them to the exclusion of everything else. Balance your pursuit of success with something of a more spiritual nature.

♉ Taurus
April 21 - May 21
Current influences make you intensely ambitious but don't forget you have limits like everyone else. Make sure you know what they are.

♊ Gemini
May 22 - June 21
Keep what you know to yourself today, especially if the knowledge you have been given could be dangerous to people in positions of power. There is a time to rock the boat but that time is not yet.

♋ Cancer
June 22 - July 23
You won't have to try too hard to make an impression today. Colleagues know what you are capable of but even people in positions of power are beginning to see there is something special about you.

♌ Leo
July 24 - Aug. 23
You need to raise your sights and pursue interests that are worthy of your time and your energy. What they may be should be a little clearer after today.

♍ Virgo
Aug. 24 - Sept. 23
You are determined to do something different, but you need to get started now. Come the weekend, Mercury turns retrograde, and all sorts of obstacles will be placed in your way.

♎ Libra
Sept. 24 - Oct. 23
It will pay you to be a little less independent over the next few days. Just because you don't like certain people does not mean you can't work with them.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be under quite a bit of pressure at the moment and that pressure will build over the next few days. Make life easier by taking nothing too seriously, least of all yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have certain duties to fulfill but that does not mean you have to do everything others expect of you. Make sure everyone knows that you answer to only yourself!

♑ Capricorn
Dec. 22 - Jan. 20
You will have to make sacrifices today but the effort will be worth it. Not only do you have enough energy and enthusiasm to get things done for yourself but you will gladly help others as well.

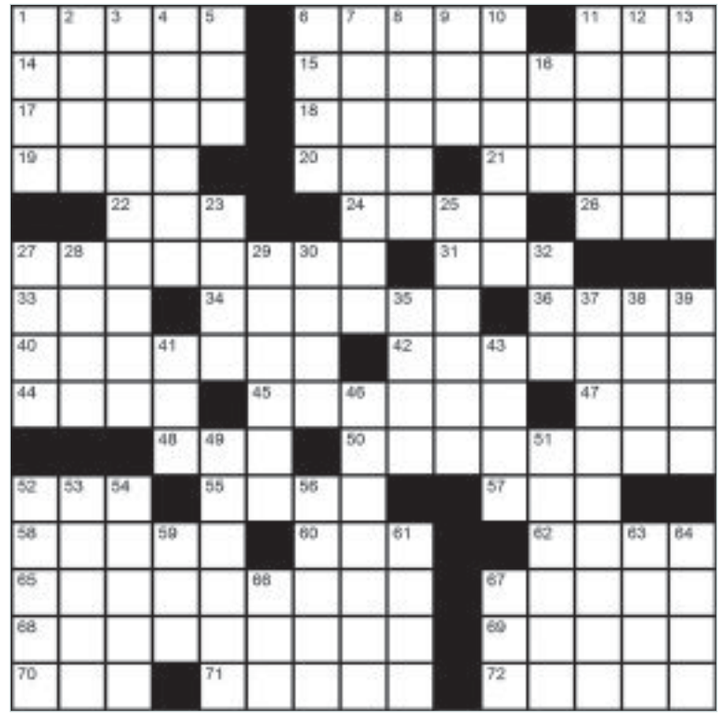
♒ Aquarius
Jan. 21 - Feb. 19
It may seem that the odds are stacked against you but that is an illusion brought about by too narrow a focus. Expand your horizons and embrace the world.

♓ Pisces
Feb. 20 - March 20
Do what you have to do as quickly as possible, then devote yourself to activities that bring a smile to your face. Life should be about fun, not work. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



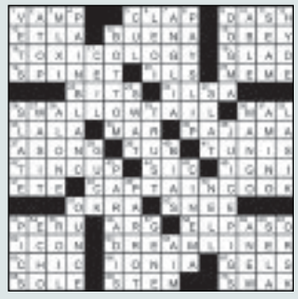
Across

1. Shoes: __ marks
6. Unleash, as uproar
11. Li'l norm
14. Bert's pal
15. "Twelve men broke loose in '73 / From __ maximum security." — The Tragically Hip
17. Relinquished
18. Ottawa's "Desire 126" band
19. Pegs
20. Lanka's lead
21. Intl. air carrier, once: 2 wds.
22. American '66', e.g.
24. Sweetie
26. The Waste Land poet's monogram
27. Life insurance co. since 1896
31. Snap
33. Texter's POV
34. Birthplace of Hans Christian Andersen
36. Finished
40. Like an illuminated night
42. Newfoundland town or bay
44. Seal herds
45. Selection
47. Hebrides turndown
48. Toward the ship's stern
50. June 4- 5, 2014 'G7' Summit locale
52. Perhaps-es
55. Fancy suffix to 'Art'
57. Archaic 'your'
58. Bombers and Oilers
60. Birmingham's li'l state
62. Roof part
65. House at Hogwarts
67. Boo-booed
68. Town called 'Manitoba's Valley Paradise'
69. __ du Canada (honour, in French)
70. Outer: Prefix
71. Crispy breads
72. Donald's response, when asked who Kiefer is: 2 wds.

Down

1. Splinter group
2. Actress Ms. Summer
3. Country's Carrie (More at #49-Down)
4. Pinata party
5. Feasted
6. Cheerios' uniform letters on "Glee"
7. Cranberries singer, Dolores O'__
8. Canadian advice columnist Ms. Tesher
9. __-inclusive
10. Scarab-headed god of ancient Egypt
11. __-garde
12. Sacred Hindu texts
13. Folklore figure
16. Certain constellation
23. Organic compound
25. Short synopsis
27. Dweeb
28. Farm song bit: "Here __, there..."
29. Decrees
30. Mr. Rogen
32. Bamboozle
35. Awaken
37. BC: Okanagan Valley sights
38. And others, for short: 2 wds.
39. Reuben requirements
41. Edward Snowden related org.
43. Superlative suffix
46. Pyramid-top pillar
49. Mike __ (Canadian hockey star married to #3-Down)
51. Wine from Spain
52. Familiar reply to "Who's there?": 2 wds.
53. Oscar's tidy roommate
54. Decline: 2 wds.
56. Tropical tubers
59. Range's one-of-some, briefly
61. Santa __ (Hot winds)
63. True: Italian
64. Perfect place
66. Univ. web address ending, sometimes
67. 30th, sometimes, as per calendars [acronym]

Yesterday's Crossword



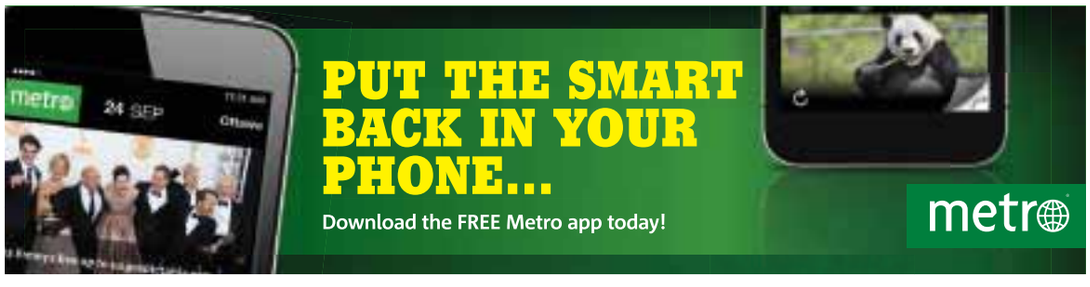
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9			5		4			2
	7		1		3		9	
		6				7		
		1	8		9	6		
6								8
		4	3		6	1		
		2				9		
	5		6		2		3	
4			7		1			5

Yesterday's Sudoku

4	2	8	3	6	5	9	7	1
1	5	3	9	7	8	4	2	6
9	7	6	4	1	2	3	5	8
3	8	2	6	9	1	7	4	5
7	1	5	2	4	3	8	6	9
6	9	4	8	5	7	2	1	3
2	4	1	5	3	9	6	8	7
8	3	7	1	2	6	5	9	4
5	6	9	7	8	4	1	3	2



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Do you know why a mortgage document is so big?

It's because there's a lot more in it than just the rate.

Why lowest isn't always best.

Don't get us wrong. A low rate is great. But most low rate mortgages come with restrictive terms that could keep you in your mortgage longer than you'd like. Which means paying interest longer than you'd like. So, instead of thinking about the cost of your mortgage in rate terms, think about it in dollar terms. For example, how much interest will you pay over the life of your mortgage?

How restrictive terms cost you in the end.

The key to saving interest costs is having the flexibility to increase payments or make extra payments. With rates as low as they are, regular lump sum and increased payments will save you more interest over the life of your mortgage. Even more than switching to bi-weekly payments![†]

Good advice is worth its weight in gold.

Locking in at today's low rates might be right for you. But keep in mind that small changes can make a big difference in helping you become mortgage-free faster so keeping that flexibility is essential.

So how can we offer a rate this low with the benefits you want?

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Apply by June 7, 2014.

With a rate this low, we can only offer it for a limited time.

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* All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. **Scotiabank 5-Year Fixed Rate Special** – The new mortgage must be set up as a 5-year closed term fixed rate mortgage at a rate of 2.97%. As of May 22nd, 2014, if there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.97% equals 2.95% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 3.02% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. ***Scotia Flex Value*® Mortgage Special** – Scotiabank Prime as of September 9, 2010 was 3.00%. As of May 22nd, 2014, the *Scotia Flex Value*® Mortgage – Closed 5 Year Term was 2.47%. If there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.47% equals 2.46% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 2.52% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. The *Scotia Flex Value*® Mortgage interest rate varies with Scotiabank Prime.
These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately $14,130 in interest. Alternatively, assuming the same mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of $500 and increase your regular payments by just $20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately $18,923 in interest.